



Chartwells School Dining Services: Rochester Elementary Schools Lunch Menu October 2023

A full student lunch includes a choice of entrée supplying protein and grain, 3/4 cup vegetable side dishes, 1/2 cup fruit side dish, and milk.

Milk choices include 1% white and 1% chocolate.



| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|--|--|---|
| 2 Waffles with Syrup Egg & Cheese Omelet Fruit & Veggie Bar | 3 Nachos with Queso Blanco and Taco Meat (Turkey) Seasoned Pinto Beans Fruit & Veggie Bar | 4 WG Boneless Chicken Wings with Fluffy Bread Stick <i>Buffalo Rance Sauce Available on the side</i> Potato Smiles Fruit & Veggie Bar | 5 Classic Italian Meat Sauce (Beef) Seasoned Rotini Seasoned Broccoli Fruit & Veggie Bar | 6 No School |
| 9 No School | 10 WG Totally Taco Pizza (Beef) Seasoned Black Beans Fruit & Veggie Bar | 11 Hot Dog (Beef) on WG Bun Potato Wedges Fruit & Veggie Bar | 12 Homemade Mac and Cheese with Fluffy Bread Stick <i>Michigan Apple Crunch Day!</i> Seasoned Cauliflower Fruit & Veggie Bar | 13 WG Classic Cheese Pizza Seasoned Peas Fruit & Veggie Bar |
| 16 Waffles with Syrup Turkey Sausage Fruit & Veggie Bar | 17 Walking Taco (Beef) with Doritos Seasoned Pinto Beans Fruit & Veggie Bar | 18 WG Popcorn Chicken Bites with Mashed Potatoes & Gravy Fluffy Bread Stick Seasoned Corn Fruit & Veggie Bar | 19 WG Grilled Cheese Sandwich Seasoned Carrots Fruit & Veggie Bar | 20 WG Classic Cheese Pizza Seasoned Green Beans Fruit & Veggie Bar |
| 23 WG Pancakes with Syrup Scrambled Eggs Fruit & Veggie Bar | 24 Build Your Own Taco (Beef) with shredded cheddar Seasoned Black Beans Fruit & Veggie Bar | 25 WG Pizza Crunchers with Dipping Sauce Crispy Tater Tots Fruit & Veggie Bar | 26 Popcorn Chicken Bites with Sweet & Sour Sauce Luckv Fried Rice Roasted Carrot Coins <i>National Pumpkin Day!</i> Fruit & Veggie Bar | 27 WG Classic Cheese Pizza Seasoned Broccoli Fruit & Veggie Bar |
| 30 Waffles with Syrup Egg & Cheese Omelet Fruit & Veggie Bar | 31 Nachos with Queso Blanco and Taco Meat (Turkey) Seasoned Pinto Beans Fruit & Veggie Bar | | | |
| Alternate Entrees (available with daily hot vegetable offering, your choice[s] from our fruit/vegetable bar, and choice of milk): | | | | |
| Mondays | Tuesdays | Wednesdays | Thursdays | Fridays |
| B. Soy Butter Sandwich Fun Lunch: WG Soy Butter Sandwich, WG Cinnamon Goldfish Cracker, String Cheese C. WG Bosco Cheese Sticks w/ Pizza Sauce | B. Bagel Fun Lunch: Bagel, String Cheese, Yogurt Cup C. WG Chicken Nuggets w/ WG Breadstick | B. Soy Butter Sandwich Fun Lunch: WG Soy Butter Sandwich, WG Cinnamon Goldfish Cracker, String Cheese C. Cheeseburger on WG Bun | B. Bagel Fun Lunch: Bagel, String Cheese, Yogurt Cup C. WG Turkey Corn Dog Nuggets | B. Cereal Fun Lunch: WG Cereal, Yogurt Cup, WG Crackers & String Cheese C. WG Classic Pepperoni (Turkey) Pizza |

A student must select 1/2 cup of fruit or vegetable to make a complete meal or a la carte pricing is applied.

QUESTIONS? CALL:

Food Service Director: Marsha Dziewit

Asst. Food Service Directors: Tamara Brazelton and Marci Flaherty

Questions? Contact Food Service Office: 248-726-4602

This institution is an equal opportunity employer.



This month's food focus is: Seed to Table
Chartwells new Food and Nutrition Guidelines make it easier than ever for students to make healthy food and beverage choices at school.



Alert



Calm



Confident



Smart



Strong

Meet the Moodies!



Happy

This Month's Fruit and Vegetable Bar Featured Selections: Apples, Oranges, Celery and Carrots Available Every Day

| Monday | Tuesday | Wednesday | Thursday | Friday |
|----------------------------------|--------------------------|--------------------------|----------------------|--------------------------|
| October 2nd-October 6th | | | | |
| Broccoli Florets | Chilled Applesauce | Chilled Pineapple | Tossed Romaine Salad | |
| Craisins | Raisins | Chilled Mandarin Oranges | Chilled Peaches | |
| Grape Tomatoes | Salsa | Red Pepper Strips | Cucumber Coins | |
| Orange Juice | Baby Carrots | Celery Sticks | Craisins | |
| October 9th-October 13th | | | | |
| | Red Pepper Strips | Chilled Pears | Tossed Romaine Salad | Fresh Cut Seasonal Fruit |
| | Chilled Peaches | Red Pepper Strips | Chilled Pineapple | Chilled Mixed Fruit |
| | Salsa | Chilled Applesauce | Chilled Peaches | Green Pepper Strips |
| | Chilled Mandarin Oranges | Green Pepper Strips | Cucumber Coins | Tossed Romaine Salad |
| October 16th-October 20th | | | | |
| Orange Juice | Chilled Rosy Applesauce | Chilled Mixed Fruit | Tossed Romaine Salad | Fresh Cut Seasonal Fruit |
| Broccoli Florets | Salsa | Red Pepper Strips | Chilled Peaches | Tossed Romaine Salad |
| Craisins | Raisins | Chilled Mandarin Oranges | Cucumber Coins | Fresh Banana |
| Grape Tomatoes | Celery Sticks | Fresh Baby Carrots | Chilled Pineapple | Red Pepper Strips |
| October 23rd-October 27th | | | | |
| Apple Juice | Salsa | Raisins | Chilled Peas | Fresh Cut Seasonal Fruit |
| Craisins | Fresh Orange Wedges | Chilled Mandarin Oranges | Chilled Pineapple | Tossed Romaine Salad |
| Broccoli Florets | Red Pepper Strips | Green Pepper Strips | Tossed Romaine Salad | Chilled Applesauce |
| Grape Tomatoes | Chilled Peaches | Fresh Baby Carrots | Chilled Peaches | Cucumber Coins |
| October 30th-October 31st | | | | |
| Orange Juice | Fresh Baby Carrots | | | |
| Craisins | Chilled Applesauce | | | |
| Broccoli Florets | Raisins | | | |
| Grape Tomatoes | Salsa | | | |
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